

Mental Health in Older LGBT Adults

☐ Better mental health linked to:

- Better physical health
- Higher self-esteem
- Less loneliness
- Lower internal homophobia

☐ Suicidal ideation linked to:

- More loneliness
- Higher internal homophobia
- Less disclosure of sexual orientation

(D'Augelli et al., 2001)

LGBT Aging Fears

☐ Concerns related to aging in LGBT seniors:

- Rejection by children and family
- Uncertain support network
- Discrimination in health care, employment, housing and long-term care

(Quam and Whitford, 1992)

☐ Greatest concern of aging in LGBT baby boomers:

- Discrimination for 32% of gay men and 26% of lesbians

(MetLife Mature Market Institute, 2006)

Mental Health in LGBT Adults

☐ Major depression

- Increased isolation among elders could increase risk (Cahill et al., 2002)

☐ Generalized anxiety disorder

☐ Bipolar disorder

☐ Suicide

(Dean et al., 2000)